



Ocean County Vocational-MATES Academy Lunch , September 2023



				Fri	01
No Menu Available				Closed	
Mon	04	Tue	05	Wed	06
Closed		Stuffed Shells w/ Marinara Sauce 🌱 <i>Dinner Roll</i> Green Beans Grilled Chicken Caesar Salad 🍗 <i>Dinner Roll</i> <i>Cucumber</i> Apple	Chipotle Chicken Wrap <i>Black Beans</i> Grilled Chicken Caesar Salad 🍗 <i>Dinner Roll</i> <i>Garbanzo Bean & Red Pepper Salad</i> Apple Slices	Cheesesteak Hero 🍷 <i>Smiley Potatoes</i> Grilled Chicken Caesar Salad 🍗 <i>Dinner Roll</i> <i>Corn</i> Peach Cup	Big Daddy's Pizza 🍕 <i>Caesar Salad</i> Grilled Chicken Caesar Salad 🍗 <i>Dinner Roll</i> Baby Carrots Banana
Mon	11	Tue	12	Wed	13
Barbecue Popcorn Chicken <i>Dinner Roll</i> <i>Roasted Sweet Potatoes</i> Italian Hero <i>Bell Pepper</i> Pineapple		Sampler Platter <i>Baked Fries</i> Italian Hero <i>Corn & Edamame Salad</i> Mandarin Oranges	Chicken & Cheddar Cheese Quesadilla 🌱 <i>Salsa</i> <i>Mexican Rice & Black Beans</i> <i>Sour Cream</i> Italian Hero <i>Garbanzo Bean & Red Pepper Salad</i> Diced Pears	Meatball Parm. Hero 🍷 <i>Cauliflower</i> Italian Hero <i>Cucumber</i> Apple Slices	
Mon	18	Tue	19	Wed	20
Popcorn Chicken <i>Dinner Roll</i> <i>Tater Tots</i> Garden Salad w/ Breaded Chicken 🍗 <i>Dinner Roll</i> <i>Black Bean & Corn Salsa</i> Applesauce		Cheeseburger Sliders on Buns <i>Green Beans</i> Garden Salad w/ Breaded Chicken 🍗 <i>Dinner Roll</i> <i>Cauliflower</i> Orange	Grilled BBQ Chicken & Cheese Wrap <i>Black Beans</i> Garden Salad w/ Breaded Chicken 🍗 <i>Garbanzo Bean & Red Pepper Salad</i> <i>Dinner Roll</i> Peach Cup	Breaded Chicken Patty on a Bun <i>Sweet Potato Fries</i> Garden Salad w/ Breaded Chicken 🍗 <i>Dinner Roll</i> <i>Bell Pepper</i> Apple Slices	
Mon	25	Tue	26	Wed	27
Closed		Chicken Fajitas <i>Rice & Beans</i> <i>Peppers & Onions</i> 🌱 Turkey & Cheese on a Roll <i>Garbanzo Bean & Red Pepper Salad</i> Peach Cup	Popcorn Chicken Twister w/ Ranch Dressing <i>Baked Fries</i> Turkey & Cheese on a Roll <i>Corn & Edamame Salad</i> Diced Pears	Lasagna w/ Marinara Sauce 🌱 <i>Cauliflower</i> <i>Dinner Roll</i> Turkey & Cheese on a Roll <i>Bell Pepper</i> Apple	Big Daddy's Pizza 🍕 <i>Tossed Salad</i> Turkey & Cheese on a Roll Baby Carrots Pineapple
Mon	18	Tue	19	Wed	20
				No Lunch Service Early Dismissal	
Mon	25	Tue	26	Wed	27
				No Lunch Service Early Dismissal	

* Consuming raw or under cooked meat, poultry, seafood, shellsh or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subjected to change, notice posted when available. This institution is an equal opportunity provider.

Complete Lunches
Students \$4.00
Staff \$4.50

Orders must be made
the Thursday prior to the
week of the desired lunch

